



## Cygnnet Parenting



Cygnnet parenting is a specialist programme, designed for parents/carers of children and young people with a diagnosis of Autistic Spectrum Disorder (ASD).

The Barnados- Cygnnet Autism programme is a **7 week** course for parents of children aged **5-16 years** with Autism. Parents of children with Autism face all the usual positive and difficult challenges of parenting, and quite a few more with the autistic population being a vulnerable group. Cygnnet combines practical strategies and support for parents specifically around Autism. The sessions are run by staff from the school nursing service that have been trained to run these groups.

Cygnnet parenting aims to empower parents/carers and to increase their understanding of the strengths and difficulties associated with ASD.

Sessions include:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding and managing behaviour



Dates of the next courses are:

### **Group 1 (FACE TO FACE Group)**

**Friday 11<sup>th</sup> February 2022 at 9.30am-12.30pm**

(For 7 weeks – no session during half term holiday)

The group will take place at: Harden Health Centre (1<sup>st</sup> Floor – School Nurses), Harden Road, Walsall, WS3 1ET  
*(Please note that there are limited places available on our face to face groups due to Covid regulations)*

### **Group 2 (VIRTUAL Group)**

**Monday 7<sup>th</sup> February 2022 at 10am-12.30pm**

(For 7 weeks – no session during half term holiday)

This group will be delivered virtually via Microsoft Teams (Instructions and a link will be sent to parents/carers once you book a place)

If you are a parent or carer and you would like further information or to book a place on one of the above course then please contact us by email:

Email: [wellbeing@walsallhealthcare.nhs.uk](mailto:wellbeing@walsallhealthcare.nhs.uk)

If you have any questions please contact School Nursing Single Point of Access on 01922 423349

